

Introduction

Welcome to the *USDA Recipes for Child Care Supplemental Information* section which contains additional guidance for Child and Adult Care Food Program (CACFP) sponsors. The guidance and techniques provided will assist you when purchasing, preparing, and storing food items that will be served to the children or adults in your care.

Storage Tips—Includes charts on suitable freezer and refrigerator storage times for meats, poultry, grains, and fruits and vegetables.

Preparation Tips—Includes sections on thawing frozen meat and ready-to-cook poultry, pre-preparation of poultry, sandwich making, and pre-preparation of fresh vegetables.

Cooking Tips—Provides information on roasting and stewing meats and poultry, handling techniques for seafood products, and guidelines for cooking vegetables and pastas.

How To Use Specific Ingredients—Discusses procedures such as seasoning vegetables with herbs and spices, flavorings, and garnishing techniques.

Bonus Mini-Posters—Three 8"x10" posters on handwashing and thermometer usage have been included for your convenience. Please print them out and display them in areas where these two tasks are performed to serve as helpful reminders for you and your staff.

